











Starting Tomorrow *I will*:

- ✓ Promote the ABCs: folic *A*cid, *B*reastfeeding, *C*ontraception
- ✓ Tell a colleague about the guidelines
- ✓ Start using the algorithms and patient materials
- ✓ Visit websites:
 - ✓ACOG
 - ✓Every Woman California
 - ✓LA County Preconception Health
 - ✓ March of Dimes
 - ✓ Healthy People 2020